



Editor: Ron Dehn

# FOOTPRINTS



Caution... Scary stuff inside.

## The Hot to Trot Issue



Levi Medina, Peggy Oreskovich, Dale Boone, and Carla Beauvais were the top runners and walkers in the 2007 Hot to Trot Run / Walk. The Hot to Trot kicked off the Sunday activities at the 13<sup>th</sup> annual Chile & Frijoles Festival held on Union Avenue. The chile vendors were

warming up their roasters as the participants were crossing the finish line.

Then the lucky runners, walkers, and volunteers were treated to a great breakfast at the Gold Dust. As Dave Diaz said, "the breakfast is the best part".

There was a "Kiddie K" run prior to the race for the younger set.

Levi Medina is #551 in the above photo  
Results and more photos beginning on page 10.

photo by Larry Volk

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## SCR Notes from the September, 2007 meeting

**Attendance:** Theresa E. Duran, Mike Archuleta, Ron Dehn, Gary Franchi, Paulette Arns, Don Pfof, Paul LaBar, Steve Lopez, Jennifer Lopez, Stan Hren, Michael Orendorff, Ken Raich, Dave Diaz, Victoria Esquibel, Jeff Arnold, and Mona Kurtz.

Minutes for the August 2007 Meeting were approved, with correction of the August 2007 date instead of July 2007.

**Special Guests:** Victoria Esquibel was present to discuss the Corporate Cup 5K on September 15 and Mile run/walk on September 20. She was requesting the assistance of SCR at the 5K, which had 818 participants signed up. She noted the course has changed. She also has 8 volunteers of her own to help so far. Dave Diaz is going to gather other volunteers, he took names at the meeting, and was going to contact others that he thought would be interested. Victoria also discussed the Bike ride for the Corporate Cup, on September 16. She noted TTCI does the course marking and most of the other foot work. The only thing she needed was the hand held clocks for timing, and possibly a few volunteers, as TTCI does the timing, and finish line as well.

Steve and Jennifer Lopez came to tell SCR about their new store, Almighty Muscle, as well as Neo Pneuma Bodyworks shop they have. They are Massage Therapists, they have an Esthetician available, and an Acupuncturist at the Bodyworks shop. Almighty Muscle has a variety of items available to runners, bikers, and swimmers, as well as other active people. They also wanted to let SCR know about the 20% discount available to its members. All members with a newsletter on hand when in the store will get 20% off any purchase, excluding sales and clearance items. They discussed with Don Pfof the Membership Chair about the possibility of getting a list of members so if anyone was to go into the store without their letter they would still be eligible for the dis-

count. They discussed a desire to bring back multisport events such as the Y-Bi, and Ordinary Mortals events. They brought examples of the products they have available, and talked about what they plan to have available in the future. They are located on 517 W 5<sup>th</sup> St. in Suite 107. They also gave a website for out of town shoppers to visit: [www.almightymuscle.com](http://www.almightymuscle.com). It was a pleasure having them at our meeting.

**Officer Reports:** Secretary: Neither Stan Hren, nor Theresa Duran had anything new, neither one were able to attend the August meeting. Treasurer: Dave Diaz gave the treasurers report which was approved. He discussed the SCR picnic expenses which did not go much over the expenses for the picnic last year (2006). The club is in good standing. Newsletter Editor: Ron Dehn, gave his thanks to Rocky Khosla who notified Ron that he has written his last article for the SCR Newsletter. He was invited by Ron to write an article whenever possible. Membership Chair: Don Pfof, gave his report of Membership in the club. SCR has 183 paid members, 1 new membership was picked up in August. Webmaster: Paul LaBar, announced that Don Pfof is going to be helping with updates. Ken Raich has been helping with the Database for the Calendar, so that updates can be done more easily as well. Paul also placed a link to the Almighty Muscle website on the SCR website so that it can be visited by anyone visiting the SCR website.

**Upcoming Events:** The South Shore Adventure is coming up on September 9. It is an 8.3 mile run, and it is much easier than last year. Larry Volk measured it with a GPS system and an odometer, the distance should be fairly accurate. It was noted to watch for rattlesnakes when running. They have

spent some time cutting weeds down, but snakes are still in the area. The Survival Run was discussed by Mike Archuleta and Mona Kurtz. It is going to be out at the Test track. Details about the event were ironed out at the meeting. It was agreed that the event would be a timed event, awards are going to be given to top finishers by age category. Awards will be given to all walkers. There will be a chance drawing for many prizes which include, a Nintendo Wii, Ipods, gift baskets, a 3 month membership to the YMCA, a merchandise certificate from Almighty Muscle

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**Southern Colorado Runners**  
[www.socorunners.org](http://www.socorunners.org)

**SCR Mailing Address:**  
700 N. Albany Avenue  
Pueblo, CO 81003

Southern Colorado Runners is a non-profit organization that promotes running, walking, and overall health and fitness in the southern Colorado region. Its mailing address is the Pueblo Family YMCA, where it holds its monthly meetings.

### "Footprints" Issue No. 304

"Footprints" is the newsletter produced monthly by, about, and for the SCR membership. It is bulk-mailed via third class mail by the U.S. Postal Service.

#### Current SCR Officers

President	Ken Raich	564-0847
Vice President	Rich Hadley	784-6514
Co-Secretary	Stan Hren	647-9736
Co-Secretary	Teresa Duran	
Treasurer	Dave Diaz	564-9303
Non-Elected Officers		
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#### Contributing Writers / Photographers

Gary Franchi, Paul Vorndam, Stan Hren, Don Pfof

Linda Strange, Theresa Duran, Larry Volk, Jill Montera, Teri Prichard, Stacey Diaz

**SCR meetings** generally are held the first Wednesday of each month at the Pueblo YMCA in downtown Pueblo. All SCR members are welcome and may bring family, relatives, and pets, as long as he/she also brings treats for all members.

**ADVERTISING POLICY:** The SCR allows advertising in "Footprints" in the form of display ads or flyer inserts. The standard charge for ads is \$25 for a business card-size ad and progressively higher for larger sizes. The fee is \$25 to have either race registration forms or non-race flyers inserted. The club reserves the right to reject ads/flyers that don't meet its low standards.

\* Robert Recorde was a Welsh physician / mathematician who introduced the use of the equal sign (=) in 1557. About its use, he said: "To avoid the tedious repetition of these woordes: is equalle to: I will settle as I doe often in woорke use, a paire of paralelles, or gemowe [twin] lines of one lengthe: =, because noe .2. thynges, can be moare equalle."



SCR is associated with RRCA, Road Runners Club of America. See [www.rrca.org](http://www.rrca.org)



# Great Stuff

by Gary Franchi  
Cheating 101



Thought for today's lunch contributed by Kevin Nealon, comedian and actor: "*Studies indicate that four out of five people think the fifth one is an idiot.*"

## Musings about running, fitness and life:

I'm perplexed about something. Well, about a lot of things actually, since the world seems to spin on an axis that's a few degrees off the one I'm spinning on. But, hey, we are what we are.

Anyway, Rosie Ruiz aside, I've always been led to believe that cheaters never win. Other than the New England Patriots, I mean.

To those of you who don't follow pro football, the Patriots have been a perennial league power, but they were caught by the NFL recently for using a crib sheet on their mid-term exam. The entire team, coaching staff and club owner had to stay after practice one day and write, "I will not cheat on tests" 100 times on their video room chalkboard.

OK, so I made up a couple of facts there.

Seriously, for years now I've been trying to figure out how people cheat in prediction races, especially in the SCR's own Prediction Series, but I can't seem to get a foothold on how they do it.

I've been thinking about this topic for some time, or at least since the SCR adopted a strict anti-cheating policy by outlawing from Prediction Series races any use of radio headphones, Ipods, MP3 Players, boom boxes, 8-track players, wire recorders and all those other gizmos that are on a different highly technological axis than the one I am spinning on.

That was, what, a year or two ago? I'm still trying to figure out how someone can cheat wearing radio headphones, which I normally use to enhance my enjoyment of training. I mean, how can you equate radio music and DJ or news talk into knowing how long you've been running?

I still wonder, is this really possible? If I'm listening to my headphones and the DJ is talking and the Prediction race starts, how the heck am I going to know how long I've been out on the course? Or let's say the "Go!" start signal

is given during the second verse of "Riders on the Storm." How is that going to help me hit my predicted time?

Hence, I'm thinking it's time we ask some cheating experts. Judging by some recent prediction runs, the names of a few experts come to mind, like the SCR's Jill Montera, Joe Bulow, Wendy Garrison and Steve Wall.

Let's take Jill first. How can you explain her predicting a time of 2 hours and 30 minutes on the Pony Express Trail Run, a tough 15-mile predicted time run around Rampart Reservoir, and then finishing just 4 seconds off with a time of 2:29:56 as she did on Sept. 16? She had to cheat, right?

Same thing with Joe, who, after taking some time off to heal body wounds early this summer, came back to predict a time of 41:15 in the Moonlight Madness 5-mile run back in July. So what was his finish time? Try 41:15:20 -- yeah, just two-tenths of a second off. Joe obviously needs some instruction on how to disguise his cheating.

Looking back further, I see in the Belmont Butt Buster race in June that Wendy and Steve, despite trying not to be obvious about it, were just 1.38 seconds and 1.60 seconds off their predicts, respectively. Luck? Get serious!

No doubt they won't reveal their secrets. Perhaps they studied the technique that Marijane Martinez and I used back in 2003 in the Matt & Ben's Trail Mix, a brutal 10.5-mile jaunt that ascended to the plateau above the Nature Center, went to Liberty Point, followed some railroad tracks near Penrose, circled Lake Pueblo and returned to the Nature Center. Or something like that.

While we usually forget racing pain, I can still remember the blisters that filled the bottom of my feet after that run. Our prediction lines that day, including finish times and points earned:

	Pred.	Actual	Var.	Pts.
1 Gary Franchi	1:40:01	1:40:05	0:04	100.00
2 Marijane Martinez	1:40:00	1:40:05	0:05	94.74

How did we do it? Well, it must have been those high-tech radio headphones I was wearing that day. The song playing at the start was "Time" by Pink Floyd. It

contains these lyrics: "No one told you when to run. You missed the starting gun."

Obviously, we knew when to start, and we must have cheated.

Either that or our lives were spinning on a different axis that day.

## Ten things I was just wondering:

1, Is it pretty safe to assume that the "minds" responsible for repaving portions of Pueblo's river trail and the path on Pueblo Blvd. near City Park with cement aren't runners?

2, Why do people bring their kids into a laundromat? What do they expect them to do in there?

3, How come there hasn't been more of an outrage over the discovery that Aquafina bottles contain regular tap water?

4, Isn't there a better way to promote physical activity and healthy living than through a national "Run to Work Day" as was held on Sept. 21? Wouldn't a community "Run After Work Day," perhaps in a central location, be more effective?

5, After a hurricane hits, how come you never hear someone say, "Well, we needed the rain."?

6, How could the new "Halloween" movie remake have been directed by someone named Rob Zombie (which it was)?

7, Were the same "minds" who had portions of Pueblo's river trail system paved in cement the same ones who chose 98.1 Classic Rock radio's early morning song-free programming mix of disc jockeys talking and laughing about their personal lives?

8, Does anyone really give that the Tour de France drug-testing lab any credibility?

9, Do runners ever forget their first road race?

10, Has anyone ever brought a homemade cake to their nearby police station as a "thank you" gift to officers?

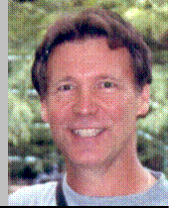
Until next month, may you never miss the starting gun.



# Ramblin'

by Ron Dehn

## The Corporate Cup



### October Birthdays

- 1 Crystal Berndt  
Randy Quaid\*
- 2 Desiree DallaGuardia  
Mohandas Gandhi\*
- 4 Joe Stommel  
Damon Runyon\*
- 6 Michael F. Atlas-Acuna  
Britt Eklund\*
- 8 Rosa Navarro  
Chevy Chase\*
- 9 Nick Leyva  
John Lennon\*
- 12 Michael Duran  
Marion Jones\*
- 16 Dan Comden  
Donald Johnson  
Terri Tibbs  
Suzanne Somers\*
- 19 Susan Campbell  
Jane Chess  
John Lithgow\*
- 23 Wendy Bulow  
Johnny Carson\*
- 25 Karen Kirkpatrick  
Pablo Picasso\*
- 27 Scott Dudley  
Trevor Hadley  
Damon Rundell  
Emily Post\*
- 28 Eileen Baracz  
Madelene Khosla  
Bruce Jenner\*
- 30 Betty Duran  
Henry Winkler\*

In 1985, six corporate teams competed in the inaugural YMCA Corporate Cup. The primary purpose was to use friendly competition between companies to promote a fitness and fun activity. All the events, including the awards ceremony, took place in one day, and the results were hand tabulated. My brother Dave was the first captain of Team Parkview, the first winner of the Cup.

Two years later Marijane Martinez and I were on the “Employee Development Committee” at (then) USC. We invited Cathy Dehn (my sister-in-law) and Ben Valdez from the Y to make a presentation to our committee on the Corporate Cup. We convinced committee members that fitness was a component of employee development, and the committee allocated money for Team USC’s Corporate Cup entry fee. Marijane and I co-captained the team officially for eight years, and shared duties with Paula Davis for at least four more. To CSU-Pueblo’s credit - we have an unbroken string of 21 years of participation. I suspect that Team Parkview is the only organization that has been a part of all 23 events. (besides the YMCA)

For those 21 years, I’ve competed in various events including: the 5k Predict, the Bike Predict, the Duathlon, the 1-Mile run, the Inner Tube relay, the Basketball Shoot, Softball, “Sprints” of 100 and 200 meters, the Ice Cream Cone relay (tennis balls on top of ice-cream cones), the Pyramid Relay (5 person relay with distances beginning at ¼ mile up to 1 ¼ miles), the Executive Contest (when they could not find enough executives), and probably a few more events that I can’t remember. I’ve done the 5k predict 21 years straight, although I think it was a 3 miler back in the early days.

The Corporate Cup has truly made a difference in my life. First – I have totally enjoyed my experiences over the last 21 years. I’ve enjoyed the camaraderie not only with my own team-

mates, but with all the great people I’ve met from other teams and the YMCA. Secondly – it has given me incentive to “get” into shape. I know that the CC rolls around each September, so I prepare for it, albeit some years more than others. Third, I have seen it as a teambuilding tool in my organization. It brings student employees, faculty, and staff together as teammates in a non-work and fun environment.



The 23<sup>rd</sup> annual Corporate Cup was kicked off on Saturday, September 15<sup>th</sup>, 2007. Over 2,000 participants from 25 companies were scheduled to take part in 14 events over a 2 week period. The teams are divided into three divisions based upon company size. Registration and results are fully automated thanks to Andy Ballou (in the early years), Michael Orendorff (in more recent years), and all those who collect and enter data.

Thanks goes out to all those YMCA staffers who have taken on the responsibility of organizing the Corporate Cup through the years: Nicky Nicholas, Cathy Dehn, Kathy Simpson, Tammy Miller, Nicole Means, Kathleen Mineo, Ben Valdez, Tamara Moore, Janelle Markert, Victoria Esquibel, and of course

Terry Lockwood, who has very wisely recruited talented people. Also, many thanks to the countless volunteer timers, course marshals, starters, team captains, data entry persons, etc, etc, etc.

To all of the above – I think you have made a huge difference in the well being of our community. No, not every CC participant is a perfect example of health and fitness, and you have not eradicated all disease in the Pueblo County. But – you have raised the level of health awareness for thousands of people. Thousands of people have taken part in healthy and fun activities for the past 23 years. Thousands of people have proudly worn their team t-shirts during and after competing. Thousands of people have formed or

*(Continued on page 14)*

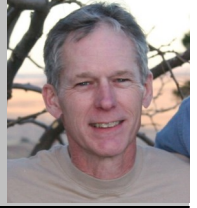
\*honorary member



# Runnin' the Trails

by Paul Vorndam

## 7 Reasons to Run Trails in the Fall



1. It's going to snow soon. Unless you can run in knee deep snow, you'd better get out while you can. If you can run in knee deep snow, you're probably out climbing K2 right now instead of reading this drivel anyway.
2. Fall colors. Colorado is renowned for golden aspens and blue skies. It only happens once a year for about 3 weeks. Don't miss it!
3. You trained hard all summer (you did, didn't you?) so fall is the payoff – you can backoff and actually *enjoy* running trails for a change. If you feel guilty *enjoying* running, you're probably training too hard. Your penance is to

- write out in longhand "I will take a day off!" one hundred times. Longhand writing is that arcane skill we had prior to Blackberries and cell phones.
4. Bears will be hibernating soon. It's your last chance to get chased by one to improve your sprinting skills. You can sprint all out for a mile or so, right?
5. Speaking of bears, another animal of note for the fall are elk. They are rutting and bugling. You'll miss this if you're watching the Broncos and sucking down brews.
6. Speaking of animals, another event in fall is hunting season. Fall is an exciting time to run trails because you never

know when you could be mistaken for a deer (or a turkey) and shot. Can't you just hear the conversation as the sights are placed on your back: "Doh – hey! Look at that deer over thar with them pink spandex tights. How do I get this thing on fully automatic?" Thanksgiving is coming soon. Every pound you run off now will offset that beached whale feeling after all that turkey, gravy, stuffing, yams, cranberries, pumpkin pie, whipped cream. OK – forget the run – let's eat now!



# Race for the Cure

by Teri Prichard



On September 9, 2007 the Race for the Cure happened in the beautiful scenery of The Garden of the Gods. The chilly day would start with a ceremony that was a sea of pink and faces of women who have survived breast cancer. I could now relate to their faces as I saw survivors that were my age and older. As we lined up for the race to start we would be looking at a rather large hill in front of us. There would be runners lined up as far as I could see. Many of the runners, including myself, would have the names of loved ones who had fought this cancer pinned to their shirts. Throughout the race I would read these names on runner's backs and think of all the many lives that have both indirectly and directly been affected by breast cancer. The race would continue uphill until the mid point. At that time it would

change to rolling hills with a final mile that would be a steep downhill run. Throughout the race I was thankful for the hills we live around and the beautiful emotions that were very much a part of this race. As we would finish the race, the last mile was lined with all the hundreds of walkers who would start soon and pay their tribute to those they loved and fought the battle of a lifetime. For me it was a good run and one that meant so much personally. When I think of that first hill I think in a way it may symbolize those whose lives fight the battle of cancer daily, and their determination to see the downward slope in their treatment. What a great race to start fall running 2007.

# THANKS

We thank the Hot to Trot Volunteers:  
 Race Directors: Ruth McDonald and Shelley Riddock, Registration: Sam McKee, Finish Line: Dave Diaz, Bill Veges, Deb Hadley, Anthony Diaz, Ron Dehn, Results: Ken & Pixie Raich, Course: Jeff Arnold Photographer: Larry Volk





# Meet the Runner

by Linda Strange

## Meet Teri Prichard



Teri Prichard is one of the newest runners to join SCR. But she's not new to running.

Teri grew up in southern Colorado, and went to Florence High School. There she was a member of the cross country team, with Rich Hadley as her coach. "My sister and I both ran for him," Teri said. "We really liked him. He was an awesome coach." After college at UNC, where she graduated with a degree in Accounting with a Dance minor, she worked in Greeley as an accountant, then moved to Grand Junction. There she started a family with her husband, Brian.

Last year, Teri and her family moved to Colorado City, to be closer to her parents in Penrose. Teri has three children under the age of 5. She and Brian plan to adopt another child (they adopted a little girl from Korea last year), this time from China, in the spring. She also does

some accounting work from home, and teaches children's ballet classes, but she is first and foremost a Mom.

Family is very important to this busy stay-at-home mom of almost 4. Some of her fondest running memories involve training for races with her sister, who now lives in Denver. So how does she fit in running in between chauffeuring kids to school, accounting work, teaching ballet and managing a home? Teri gets her 25 miles a week in by hitting the pavement by 6am, before her kids are up.

Teri says she's run quite a few half marathons, but no marathons to date. "Disneyworld Marathon would be fun," she mused, "maybe in a few years." In the meantime, she is training for the Rock Canyon half marathon in December. She will be carrying momentum from her last race, September's Race for the Cure in Colorado Springs. She ran a

personal best of 23:44, and placed 7<sup>th</sup> of 207 women.

Ballet has always been a big part of Teri's life. In fact, she studied dancing well before she became interested in running during high school. So, if she had to choose..."Oh, I don't know," she said. "I couldn't choose one over the other. Don't make me!"



3		9	5		6	2		7
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4		7		8		3		9
5			4		9			8
		4		1		5		
9			6		7			4
8		5		3		7		1
	1						2	
2		6	1		5	4		3

The "staff" at SCR Footprints headquarters sits around most of the month trying to think of ways to keep your brains from rusting. So, we offer various puzzles for our readers pleasure. Seriously, research shows that keeping your brain active, helps stave off Alzheimer's.

The concept behind sudoku puzzles is simple. There are 9 rows, 9 columns, and 9 small squares within the puzzle. Each column, each row, and each small square must contain the numbers 1 through 9. For those of you who don't like math - there is no math involved, only counting from 1 to 9.

This puzzle and solution was provided at no charge courtesy of [www.sudokuworks.com](http://www.sudokuworks.com) puzzle software. The website offers software, puzzle books, and lots of other puzzle related links and information. THANK YOU sudokuworks!

The solution is on page 14, but don't peek early!

# Potpourri

## Hey all you half marathoners out there!!!

Did you know that SCR club members pay only \$15 for the Rock Canyon? If you are a member, just write "SCR member" on your entry form. If you are not a member, go to the SCR website ( [www.socorunners.org](http://www.socorunners.org) ), click on the Membership link. There you can download and print a membership application. Fill it out and submit it with your Rock Canyon registration. Or, you can follow the Register Online link. Not only will you save money on several race registrations, but you will receive merchant discounts. And... last but not least, this wonderful newsletter will be delivered directly to your mailbox.

## Note from Angelo Aragon via Ken Raich

On Fri, 14 Sep 2007 21:17:58 +0000, Angelo Aragon wrote:

>I just returned from Denver to get the results of my MRI....and praise God, things are still stable

Hi folks,  
I wanted to share the above information with the club. We've been praying for Angelo's continuing recovery and thrilled to see he's still doing well.

This is a fitting time to get this update because we're only one week away from the "Hot To Trot".

Two years ago, Angelo was the overall winner of the "Hot To Trot 5K" with a time of 18:18.

cheers,  
Ken

## Pikes Peak Photos

Courtesy of Jill Montera



Top to Bottom

Lauren Dunsmoor  
&  
Jill Montera

Lauren  
(1st in her  
division)

Rusty Smith  
Jill Montera  
Larry Volk





# Predictions

by Don Pfost

## South Shore Adventure -The Outer Limits Loop Predict



The 2007 version of the South Shore Adventure was run on September 9<sup>th</sup>. It was race number 8 in the '07 series. The Outer Limits Loop course is 8.3 miles of single track consisting of easy and intermediate rated trails.

The first leg is on Pedro's Point Trail and is approximately 2.5 miles in length from the start to Pedro's Point. This part of the course is relatively flat as trail runs go, with a starting-line elevation of about 4,950 feet and a high point of 5,050 feet. The trail includes a few sections that are rutted down the center, likely from bikes; otherwise, the trail is easy. There are beautiful scenes from the top of the bluff - the water dotted with boats of various types and sizes. At first, the northern part of Lake Pueblo is visible, and then as the trail drops toward Pedro's Point, the dam and full reservoir come into view.

At Pedro's Point, the course turns west onto the "Outer Limits Loop" which is roughly 5 miles in length. The trail twists and turns/snakes, horizontally and vertically, along the edge of the reservoir. The ups and downs are gentle, with the elevation relatively level at about 5000 feet. The early portion clings to the rim rock above the reservoir, which is in full view, with the marina and Pueblo West visible across the water, against the backdrop of Pike's Peak and surrounding mountains. The trail then works its way inland and ends where the final leg begins at the intersection of Pronghorn and Voodoo Trails.

The final leg heads east on Pronghorn Trail for about .4 mile, then it turns back onto Pedro's Point Trail, heading south and east for about .7 miles, ending back at the starting point.

A thumbs up to the South Shore Predict Vols: Race Director: Larry Volk, Course Marking & Clearing: Larry Volk, Eric Brill, Finish Line: Lois Pfost, Results: Don Pfost.

### Predict Series Top 25

Pl	Name	3/8 TunUp	4/7 Rams8	4/29 TrIMx	5/13 YapDg	6/23 Bbust	8/4 M Mad	8/25 TDrve	9/9 Sshor	Tot*
1	Wendy Garrison	75.00	15.38	61.54	100	100	75.00	20.41	73.91	423.91
2	Don Pfost	77.50	100		90.48	41.94	54.17	26.53	86.96	409.10
3	Stacey Diaz	82.50		88.46	61.90	61.29	91.67	38.78	26.09	385.82
4	Carrie Slover	80.00		80.77	80.95		66.67	71.43	21.74	379.82
5	Joe Bulow	60.00	46.15	73.08	57.14	87.10	100			377.32
6	Jim Robinson		69.23			77.42	95.83	97.96	34.78	375.23
7	Paulette Arns	37.50	23.08	38.46	85.71	16.13	79.17	91.84		332.68
8	Larry Volk	45.00	76.92			74.19		61.22	65.22	322.56
9	Dave Diaz	30.00		92.31	38.10	80.65		57.14	47.83	316.02
10	Paul DallaGuardia	87.50	92.31			67.74	37.50	28.57		313.62
11	Ben Valdez		84.62	69.23		45.16		73.47	39.13	311.61
12	Steve Wall	62.50		50.00		96.77		59.18		268.46
13	Peggy Oreskovich			23.08	76.19	58.06	87.50		17.39	262.22
14	Rusty Smith	72.50	53.85			64.52			69.57	260.43
15	Bill Veges	27.50		84.62				67.35	78.26	257.72
16	Matt Sherman	65.00		11.54	33.33			87.76	56.52	254.15
17	Linda Strange	97.50		53.85		19.35	83.33			254.03
18	Becky Medina	85.00		19.23				18.37	82.61	205.21
19	Victor Boley			100					100	200.00
20	Michael Cernoia	10.00				90.32		83.67		184.00
21	Jill Montera			65.38	28.57			42.86	30.43	167.25
22	Dawn Bass					32.26	41.67	85.71		159.64
23	Jessie Quintana	57.50		46.15		54.84				158.49
24	Lou Huie	32.50				38.71		79.59		150.80
25	Gary Franchi	50.00				93.55				143.55

### South Shore Predict Results

Pl	Name	Predict	Actual	Diff	Pts
1	Victor Boley	1:20:30	1:21:14.16	00:44.16	100
2	Stephanie Wurtz	1:05:00	1:05:46.46	00:46.46	95.65
3	Marti Marshall	1:34:20	1:35:22.40	01:02.40	91.30
4	Don Pfost	1:45:10	1:46:30.63	01:20.63	86.96
5	Becky Medina	1:41:07	1:42:51.80	01:44.80	82.61
6	Bill Veges	1:14:00	1:15:56.75	01:56.75	78.26
7	Wendy Garrison	1:40:30	1:42:32.74	02:02.74	73.91
8	Rusty Smith	1:16:00	1:19:48.46	03:48.46	69.57
9	Larry Volk	1:00:00	1:03:55.66	03:55.66	65.22
10	Humberto Paredes	1:06:15	1:11:46.60	05:31.60	60.87
11	Matt Sherman	1:03:00	1:08:48.32	05:48.32	56.52
12	Jeff Chowning	1:22:00	1:27:58.67	05:58.67	52.17
13	Dave Diaz	1:05:00	1:11:35.92	06:35.92	47.83
14	Paul Koch	0:52:25	0:59:15.17	06:50.17	43.48
15	Ben Valdez	1:05:30	1:12:37.68	07:07.68	39.13
16	Jim Robinson	1:09:32	1:16:44.06	07:12.06	34.78
17	Jill Montera	1:08:00	1:16:35.19	08:35.19	30.43
18	Stacey Diaz	1:25:00	1:35:19.06	10:19.06	26.09
19	Carrie Slover	1:25:01	1:35:21.10	10:20.10	21.74
20	Peggy Oreskovich	1:23:00	1:35:14.45	12:14.45	17.39
21	Henry Hund	1:40:00	1:22:48.50	17:11.50	13.04
22	Mike Borton	1:40:00	1:21:47.96	18:12.04	8.70
23	Patrick McGrath	1:15:00	1:35:51.10	20:51.10	4.35

To all participants of the South Shore Predict...if you would like a (free) photo of yourself please email me by October 15, 2007 your address, phone number, and email address. I will make a 1 time order of finishers photos; my thank you for doing the event. -Larry Volk [lrvolk@yahoo.com](mailto:lrvolk@yahoo.com)



# South Shore Collage

by Larry Volk



## Hot to Trot Results

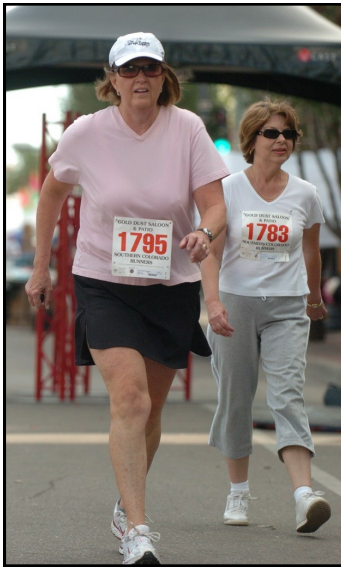
PI	Time	Even	First	Last	Sex	Age	PI	Time	Even	First	Last	Sex	Age	PI	Time	First	Last	Sex	Age
1	16:15	5K	Levi	Medina	M	20	67	28:12	5K	Jessica	Kleven	F	11	1	16:15	Dale	Boone	M	55
2	18:38	5K	Kyle	Reno	M	25	68	28:36	5K	Marianne	Maksimowic	F	50	2	16:43	Carla	Beauvais	F	46
3	18:42	5K	Glenn	Clemons	M	46	69	28:52	5K	Jane	Mcdonald	F	23	3	17:28	Patrick	Greer	M	56
4	19:14	5K	Jack	Crockett	M	17	70	28:55	5K	Meradith	Maksimowic	F	26	4	18:17	Janine	Dodge	F	39
5	19:17	5K	Rich	Hadley	M	51	71	29:11	5K	Jess	Cosyleon	M	60	5	19:20	Carrie	Sheets	F	11
6	19:50	5K	Mark	Gurule	M	45	72	29:23	5K	Kristen	Lukens	F	37	6	19:21	Wendy	Simons	F	39
7	20:28	5K	Don	Smith	M	39	73	29:37	5K	Catherine	Galleogs	F	36	7	19:22	Hannah	Vehige	F	11
8	20:37	5K	Matt	Sherman	M	35	74	29:42	5K	Eileen	Baracz	F	59	8	19:27	Kathy	Haggard	F	51
9	21:11	5K	Chief	Reno	M	45	75	29:45	5K	Amanda	Jones	F	29	9	19:43	Janet	Greer	F	54
10	21:18	5K	Christopher	Markert	M	30	76	29:52	5K	Jessie	Quintana	F	63	10	19:45	Patrice	Pate	F	56
11	21:18	5K	Jeremy	Gregory	M	23	77	29:53	5K	Stephen	Harbison	M	33	11	21:05	Ron	Francis	M	42
12	21:18	5K	Shawn	Loppnow	M	40	78	30:05	5K	Tina	Corpuz	F	34	12	21:10	Jocelyn	Avila	F	7
13	21:26	5K	Scott	Beauvais	M	48	79	30:09	5K	Laurie	Miller	F	35	13	22:20	Kerry	Roman	F	34
14	21:37	5K	Rubin	Sisneros Jr	M	25	80	30:10	5K	Amy	Clark	F	35	14	22:36	Nick	Garcia	M	12
15	21:43	5K	John	Montoya	M	50	81	30:20	5K	Dan	Comden	M	53	15	22:36	Kimberly	Garcia	F	41
16	22:01	5K	Mark	Koch	M	48	82	30:21	5K	Andrew	Smith	M	10	16	23:26	Ashley	Pyle	F	21
17	22:17	5K	Derrick	McCabe	M	36	83	30:25	5K	Kathy	Sutphen	F	37	17	23:27	Marion	Schaeffer	F	68
18	22:32	5K	Daniel	Hernandez	M	18	84	30:27	5K	Patricia	Cisneros	F	44						
19	22:40	5K	Robert	Santoyo	M	45	85	30:32	5K	Kristina	Sanchez	F	35						
20	22:41	5K	John	Roman	M	63	86	30:49	5K	Michelle	Francis	F	35						
21	22:59	5K	Peggy	Oreskovich	F	44	87	30:50	5K	Nicole	Rogers	F	36						
22	22:59	5K	John	Strange	M	39	88	31:04	5K	Pam	Priester	F	45						
23	23:11	5K	Paula	McCabe	F	35	89	31:05	5K	Janice	Tillman	F	51						
24	23:13	5K	Laurice	Lopez-Ceper	F	36	90	31:24	5K	Melanie	Hughes	F	36						
25	23:20	5K	Adam	Trujillo	M	28	91	31:55	5K	Bob	Erickson	M	64						
26	23:21	5K	Ana	Bentz	F	32	92	31:58	5K	Reynalda	Garoutte	F	30						
27	23:23	5K	Stacey	Diaz	F	47	93	32:00	5K	Kerri	Harbison	F	42						
28	23:35	5K	Bob	Gassen	M	60	94	32:13	5K	Dominic	Hernandez	M	11						
29	23:37	5K	Paul	LaBar	M	46	95	32:24	5K	Ralph	Regalado	M	70						
30	23:38	5K	Rusty	Smith	M	40	96	32:32	5K	Bonifacio	Cosyleon	M	58						
31	23:38	5K	Harold	Rundell	M	36	97	32:38	5K	Tina	Sandoval	F	41						
32	23:56	5K	Darin	Germon	M	13	98	32:41	5K	Matt	Sparks	M	37						
33	24:00	5K	Shane	Cordova	M	40	99	32:43	5K	Laura	Farmer	F	35						
34	24:07	5K	Jerry	Cole	M	55	100	32:44	5K	Victoria	Mitrick	F	7						
35	24:11	5K	Jennifer	Cemoia	F	14	101	32:47	5K	John	Mitrick	M	42						
36	24:19	5K	Steven	Fanelli	M	28	102	33:10	5K	Mike	Peyton	M	40						
37	24:21	5K	Lauren	Doughty	F	20	103	33:15	5K	Cora	Hughes	F	22						
38	24:22	5K	Ken	Hughes	M	37	104	33:49	5K	Rachelle	White	F	24						
39	24:25	5K	Eugene	Mares	M	44	105	34:04	5K	Peggy	Mitrick	F	43						
40	24:29	5K	Chris	Smith	M	19	106	34:05	5K	Jane	Crockett	F	50						
41	24:37	5K	Patrick	Swank	M	59	107	34:13	5K	Alan	Brownstein	M	51						
42	24:38	5K	Gary	Franchi	M	59	108	34:33	5K	Kathryn	Duren	F	35						
43	24:47	5K	Kim	Vehige	F	40	109	34:46	5K	Dan	Mitrick	M	42						
44	24:51	5K	Mikalann	Medina	F	23	110	34:48	5K	Kathryn	Deetz	F	43						
45	24:58	5K	Mike	Borton	M	51	111	35:01	5K	Brian	Bentz	M	37						
46	25:03	5K	Carol	Kinzy	F	59	112	35:08	5K	Mark	Hooper	M	46						
47	25:18	5K	Jason	Cosyleon	M	31	113	35:10	5K	Nancy	Mitrick	F	64						
48	25:22	5K	Howard	Stringert	M	51	114	35:52	5K	Kim	Sparks	F	34						
49	25:49	5K	Nathan	Bass	M	15	115	35:59	5K	Lisha	Gomez	F	33						
50	26:05	5K	Brad	Van Buskirk	M	46	116	36:07	5K	Barb	Predovich	F	49						
51	26:21	5K	Bill	Crockett	M	52	117	36:10	5K	Andrea	Rux	F	28						
52	26:27	5K	Mary	Humphreys	F	45	118	36:14	5K	Allison	Lynch	F	37						
53	26:33	5K	Kevin	Hughes	M	8	119	36:33	5K	Meredy	Brownstein	F	51						
54	26:35	5K	Keith	Carpenter	M	55	120	36:35	5K	Kellie	Avila	F	36						
55	26:44	5K	Michael	Garcia	M	43	121	37:54	5K	Angela	Kleven	F	35						
56	26:49	5K	Spencer	Henderson	M	23	122	37:54	5K	Joanna	Williams	F	33						
57	26:59	5K	Leah	Hutchison	F	21	123	38:14	5K	Dawn	Bass	F	38						
58	26:59	5K	David	Crockenberg	M	60	124	38:48	5K	Jennifer	Esquibel	F	29						
59	27:02	5K	Raul	San Miguel	M	57	125	38:49	5K	Nathan	McCarthy	M	10						
60	27:09	5K	Alexander	Mitrick	M	11	126	39:09	5K	Andrea	Espinoza	F	19						
61	27:50	5K	Brian	Sumpter	M	13	127	40:26	5K	Kristianna	Mitrick	F	12						
62	27:51	5K	Cassidy	Ferguson	F	22	128	40:45	5K	Gloria	DeVall	F	67						
63	27:53	5K	Debbie	Gurule	F	43	129	42:52	5K	Lynette	Simpson	F	48						
64	27:55	5K	Martha	Drake	F	53	130	42:52	5K	Chiles	Simpson	M	54						
65	28:10	5K	Austin	Bass	M	13	131	53:44	5K	Andrew	Esquibel	M	11						
66	28:10	5K	Paulette	Arns	F	54													



Peggy Oreskovich sprints to her first-place finish



# Hot to Trot Pics



From Left to Right

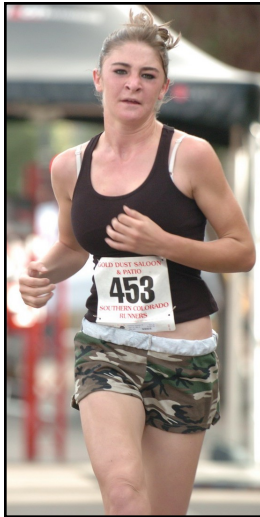
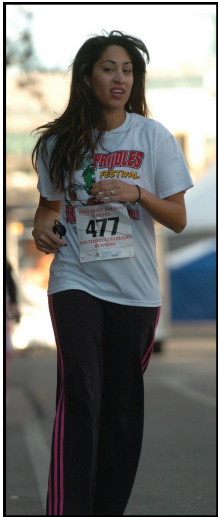
Top Row:  
Pat Pate / Janet Greer,  
Carrie Sheets, Scott Beauvais,  
Carla Beauvais

Middle Row:  
Two Kiddie K participants,  
Andrea Espinoza, Matt Sherman,  
Patrick Greer,

Bottom Row:  
Ralph Regalado,  
Daniel Hernandez, Mark Koch

See next page for more pics

## A few more Hot To Trot Photos



From Left to Right

Top Row  
Reynalda Garoutte,  
Chief Reno,  
Jennifer Cernoia,  
Alexander Mitrick,  
Andrew Smith

Second Row  
Kristina Sanchez  
Victoria Mitrick

We thank Larry Volk for providing these photos. Photos of the Hot to Trot are available for purchase. Go to the SCR website ([www.socorunners.org](http://www.socorunners.org)) And click the "Hot to Trot Photos" link under the Latest News and Results section. Check 'em out!

### Puebloans at the Tenderfoot Triathlon

9-1-07. 1000 meter swim, 25 mi bike, 10k run. Liz Mata, Page McMahan (PW high school students), Eric Miller, Joe Bulow, Gwen Drummond, Chris Gredig, Peggy Oreskovich, Tom Ratzlaf, Stacey Diaz, Don Moore, Dave Diaz

Photo provided by Stacey Diaz



## 2007 Picnic Photos



The Umpteenth annual SCR picnic was held at Pueblo Mountain Park in Beulah on August 26th. Cinfully Delicious catered great food, Jacqueline Wall organized kids games including the "Shoe Kick" (above right), and we all enjoyed the great surroundings and company!



# Continueds

*(Continued from page 2)*

which was offered up by Jennifer and Steve at the meeting, and much more. Mona talked about the improvements to the program that have taken place over the last year. She noted a My Space that has been put together by one of the 2 workstudies that have been working with Rape Crisis, from CTU. That is at MySpace.com/Pueblorapecrisis. Hot to Trot will be taking place on September 23. It is a 5K run and 2 mile walk. Run starts at 8:00 A.M., walk starts at 7:45 A.M. and there will be a Kiddie K that will take place before the walk at 7:45. Ken will check with Ruth to make sure all bases are covered. Breakfast at the Gold Dust will be served post race for all participants, as well as post race prizes will be given out.

**Recaps/ Updates/Revisits:** Splash ‘n Dash was cancelled, according to Victoria signs were posted the night before, and all cancellations with those who signed up went smooth. Moonlight Madness went really well. Participants from Denver were there, they found out about it from Rocky Mountain Sports. The Tunnel Drive was moved to the River Walk, and was well attended, and successful. The SCR summer picnic was a success. The games were fun, and some food was left over. The turn out was smaller than last year, but it was fun.

**New Stuff/Old Stuff:** Old stuff: Online race entry via the website is something to be looked at for the future. The calendar manager would have to maintain the Calendar. Possible membership entry online has been visited in the past. If SCR chooses to proceed merchant accounts for credit card sales would be available for a \$10 service fee, as well as \$0.30 per transaction, which could then amount to about \$400 to \$500 in transaction fees per year for accepting credit cards for online for memberships and race entry fees. This option can be revisited in the future. New stuff: Jeff Arnold asked for assistance in paying for the medals for the Colorado City Cross Country Meet. In the past SCR has purchased the medal. It was approved to authorize \$125 for this purpose. Ken and Dave will help with the East High Cross Country Meet, Ken will have the clock placed at the 1 mile mark. Ken or Dave will help at the Central Cross Country Meet, and have the clock at the 1 mile mark on September 29. Also a Thank You was sent by Troy Davenport and Samantha Davenport for the \$250 Contribution by SCR for the Ride for Kids for the Pueblo Child Advocacy Center.

The meeting was adjourned at 9:00 P.M.

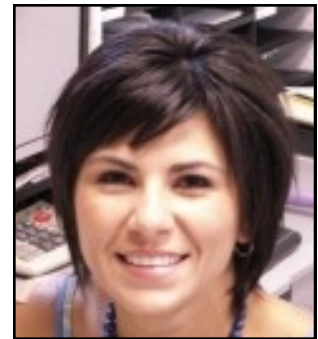
Respectfully submitted

by Theresa E. Duran

*(Continued from page 4)*

strengthened friendships with colleagues at their own place of work, and throughout the community. Thousands who might not have otherwise done so, have gotten off the sofa to exercise.

In reality, there is no real way to measure the impact of your efforts. It is obvious however, you have given the Pueblo community a tremendous gift. On behalf of those thousands of participants. THANKS! And in the words of Arnold, “We’ll be back.”



Victoria Esquibel, the YMCA  
2007 CC Coordinator

3	8	9	5	4	6	2	1	7
1	5	2	7	9	3	8	4	6
4	6	7	2	8	1	3	5	9
5	3	1	4	2	9	6	7	8
6	7	4	3	1	8	5	9	2
9	2	8	6	5	7	1	3	4
8	4	5	9	3	2	7	6	1
7	1	3	8	6	4	9	2	5
2	9	6	1	7	5	4	8	3

## Solution to the Sudoku Puzzle on Page 6

We provide these puzzles to encourage our readers to challenge their minds as well as their bodies.

Research has shown that it is important to keep our minds active as we age.

If you don't like Sudoku puzzles, try something else. In fact, share it with us, and we'll print it. However, be sure you get appropriate permissions.

We do not want to violate any copyright laws.

## Race Calendar by Linda Strange

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October 6th, Sat., **Autumn River Walk & Run Classic**, Centennial Park (duck pond), Canon City. 5k run, fun run and walk. The Arkansas Riverwalk provides an outstanding scenic setting for the Walk as well as the 5K Run and the Fun Run. The Walk will be from 7:00 to 10:00 am, with the 5K Run beginning at 8:00 am and the Fun Run at 9:30 am. (719) 275-1578 <http://www.ccrec.org/>

October 14<sup>th</sup>, Sun., 9am, **Survivor Run/Walk and Bike Ride**, Test Track Road, Pueblo. The start is near Refractories West on the corner of Lockheed and Braniff, where Lee Newhard's spring bike demo ride is held. 5k run/walk, with a 20-mile bike race. This is NOT a duathlon – you pick the Run/Walk or the Bike ride. The 5k will have age division awards, and for the bike ride, awards to the Top 3 male and female individual riders. Benefits the Rape Crisis Center. . All entrants are eligible for prize drawings including a Nintendo Wii sport pack game system, iPods, athletic gear, YMCA family membership and more. Mike Archuleta, Race Director. For information call (719)947-3682.



October 14<sup>th</sup>, Sun., 8am. **Denver Marathon, Half-Marathon and Marathon Relay**. On October 14, 2007, we're inviting you to join us for the new Denver Marathon - a premier marathon, half-marathon and four- person marathon relay. This world-class event made its debut as Colorado's largest marathon and is again expected to attract a record number of runners. Every detail of the new Denver Marathon has been planned with you - the runner - in mind. A world-class race course, a world- class race organization, in beautiful Colorado - all during a perfect time of year! <http://www.denvermarathon.com/>

Saturday, Nov. 3 is the **Hustle for Russell**, 5K distance, 7:30 am registration, 9 am race time, Pleasant View Middle School, 23600 Everett Road, Contact phone: 542-7813, Registration costs \$20 until Oct. 20; It's \$25 after Oct. 20.

November 10<sup>th</sup>, Sat., **Atalanta Run**, Pueblo City Park. 5K women's run/walk. The walk will begin at 8:45 and the run at 9:00. Atalanta was the Greek goddess of travel and adventure, and was a legend for her athletic prowess, as well as her courage and willingness to stand up for her personal values. Celebrate her spirit by joining other women in a race that winds through City Park, through a few neighboring streets, and up a challenging hill to the finish. Winners receive unique handmade pottery awards and all participants take home a women's-sized shirt. Stacey Diaz (719)564-9303\*



November 11<sup>th</sup>, Sun., 9:30am, **6<sup>th</sup> Annual Panicking Poultry 5k Run/Walk (for MS)**, Boulder. Boulder Reservoir. A fun race with a unique t-shirt, plus a goodie bag and post-race meal provided by Carrabba's Italian Grill and other refreshments by Emerald Sierra, Avery Brewing Company and Harpo's Sports Grill. Race benefits the National Multiple Sclerosis Society/Colorado Chapter. Colorado has one of the highest prevalence rates in the U.S. , with approximately 8,000 Coloradans with MS – that's one in every 580 in the state. Over 75% of those affected are women. [http://www.active.com/event\\_detail.cfm?event\\_id=1394202](http://www.active.com/event_detail.cfm?event_id=1394202)

December 1<sup>st</sup>, Sat., 9am, **Rock Canyon Half Marathon**, Pueblo City Park. This half marathon has been a Pueblo tradition for 30 years, and keeps going strong. The course starts in City Park, and winds through it for a couple of miles, before reaching the river trail and following asphalt and dirt trails for the remainder of the race. The race is on regardless of the weather! Dave Diaz (719)564-9303.

December 15<sup>th</sup>, Sat., 10am, **21<sup>st</sup> Annual Jingle Bell Run**, Raton, NM. Cancelled.

December 15<sup>th</sup>, Sat., 10am, **Rudolf's Revenge**, Littleton, Chatfield State Park. 5k/10k sponsored by Runner's Roost. Expect to see wildlife in the form of rabbits, prairie dogs, fox, and coyotes – and the race is run no matter what the weather. [http://www.winterdistanceseries.com/index\\_files/page0005.htm](http://www.winterdistanceseries.com/index_files/page0005.htm)

*\*Editor's Note: Linda failed to mention one little detail about Atalanta that the guys may want to know. In addition to being a great athlete, she was extremely beautiful. When men suitors wanted to win her hand - they had to race her. If they lost - they were killed... Maybe that is why our version of the Atalanta run is women only.*

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For more details, see the SCR Calendar website at: <http://www.socorunners.org/scrraces07.htm> If you have an update for an event, or a new event, please send info to the webmaster at: [calendar@socorunners.org](mailto:calendar@socorunners.org) .

**SOUTHERN COLORADO RUNNERS**  
**Pueblo Family YMCA**  
**700 N. Albany Avenue**  
**Pueblo, CO 81003**

**Non-Profit  
Organization  
U.S. Postage Paid  
Pueblo, Colorado  
Permit # 41**



***If you move,  
Let us know!***

Issues of "Footprints"  
are not forwarded.

Hence, if you move, please  
get your new address to the  
SCR Membership Chair in  
care of the YMCA at the  
address listed above.

**Upcoming SCR Prediction Races**

The Five-mile **Harvest Run Predict** will be held on Saturday, October 20, with a 5:00 pm starting time at Lovell Park in Pueblo West. The run is followed by a family picnic (free) with the club furnishing plates, utensils, fried chicken, and beverages, with side dishes provided pot luck. If conditions allow, there will be a bonfire, which has been needed in recent years as things get chilly once the sun goes down. Jill Montera is interested in bringing back the (optional) poker aspect of this run. It will take at least a couple volunteers, so if you want to help facilitate the poker portion, contact Jill at 547-4222.



And because it's possible that November newsletter won't get out before then, the **Temple Canon 4M** predict in Canon City is scheduled for Saturday November 24, with a 9:00am starting time. In recent years this has had one of the largest turn outs of the series, a reflection of its popularity.

**The Next Meeting:** SCR meetings are typically held at 7 pm on the 1st Wed of each month at the Pueblo YMCA. Once in a while there is an exception, but not often. All SCR members are welcome!!! See you on October 3rd.

**Visit our Web Site:** For racing schedules, results, contact info, etc, see: [www.socorunners.org](http://www.socorunners.org)

**The Final Thoughts...**

The bicycle is the most civilized conveyance known to man. Other forms of transport grow daily more nightmarish. Only the bicycle remains pure in heart. -Iris Murdoch, writer (1919-1999)

It is a very lonely life that a man leads, who becomes aware of truths before their times. -Thomas Brackett Reed, politician (1839-1902)

The butterfly flitting from flower to flower ever remains mine, I lose the one that is netted by me. -Rabindranath Tgore, philosopher, author, songwriter, painter, educator, composer, Nobel laureate (1861-1941)

The game of life is a game of boomerangs. Our thoughts, deeds and words return to us sooner or later with astounding accuracy. -Florence Scovel Shinn, writer, artist and teacher (1871-1940)

Definition: Flashlight: A case for holding dead batteries.

